

## ABSTRACT OF THE DISCLOSURE

An exercise machine which includes an elongate frame which forms an enclosure, a resistance assembly located at least partly in the enclosure, a support member for supporting the frame at an inclined position with an upwardly facing front side and a downwardly facing rear side, a seat extending from the front side of the frame at a location at which part of the frame opposes a back of a user seated on the seat, and at least a first actuator which is movable by the user against a first resistance force which is generated by the resistance assembly.